**Mood Diaries**

Use the diaries to record your mood at regular intervals in the day. You can do this in a variety of ways, for example using happy and sad faces, colouring in the box in a colour that reflects your mood, rating your mood on a scale of 1 - 10 (where 1 is very low and 10 is good/well) or using words to describe how you are feeling.

**Week Commencing:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **………………………………** | **Morning………………….** | **Afternoon…………….** | **Evening…………………** | **Night……………………..** |
| **Monday** |  |  |  |  |
| **Tuesday** |  |  |  |  |
| **Wednesday** |  |  |  |  |
| **Thursday** |  |  |  |  |
| **Friday** |  |  |  |  |
| **Saturday** |  |  |  |  |
| **Sunday** |  |  |  |  |